

## Interpersonal Skills Self-Assessment **Click "Next"**

### Interpersonal Skills Self-Assessment

Interpersonal skills are fundamental to successful relationships at home, at school, at work and socially.

Our self-assessment questionnaire will help you to understand how well developed your interpersonal skills are and identify areas that you can practice and improve.



The questionnaire includes sections covering the following areas:

- Listening Skills
- Verbal Communication
- Emotional Intelligence
- Working in Groups and Teams

To get accurate feedback it is important that you answer each question honestly, thinking about your current situation, not how you wish to be in the future. Think about how you rate your skills and abilities compared to other people around you.

Once you have completed this questionnaire you will be provided with some feedback designed to help you recognise areas that you can improve.

When you are ready, click the button below to start your self-assessment.

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